

For Patients

Patient Testimonials



Kareem W

7 years ago

“ Before my back injury I was extremely confident. I would always have a job despite not having any college education because of my great work ethic. Then one day I was literally stuck in bed, pain... ”

“ Before my back injury I was extremely confident. I would always have a job despite not having any college education because of my great work ethic. Then one day I was literally stuck in bed, pain ridden from a back injury when it occurred to me, the most important thing is good health for nothing else is possible without it. With that being said, I listened to the exercises and other various instructional information and collaborated my excellent and consistent work ethic to see my way through completion of being in the best shape of my life. This is the story of my new healthier life with the assistance of Somersworth Physical Therapy. Thank you! ”



Karen D

7 years ago

“ I was seen at Somersworth Physical Therapy for my age related disc degeneration. I have had a bad back for many years. I have seen chiropractors and gotten monthly massages trying to keep it...”

“ I was seen at Somersworth Physical Therapy for my age related disc degeneration. I have had a bad back for many years. I have seen chiropractors and gotten monthly massages trying to keep it under control. When my back would go out I would have to take lots of medicine to get through the day. I knew that doing certain activities would hurt my back so I would no longer do that activity. It had gotten to the point where I really couldn't do anything at all. Then my back went into spasm; the pain was agonizing. I couldn't move at all, my husband had to help me get dressed. I was not able to do any housework, not even cooking. I could not stand for more than a few minutes at a time - forget about doing my favorite activity of kayaking. By going to PT and getting the Graston technique and dry needling to release the spasms and the exercises to strengthen my back, I have been able to get my daily living. I was even able to cook some of our family favorites for the holidays. I was on my feet in the kitchen for over 2 hours. There's no way I could have done that before PT. Everyone at PT has always been very friendly and helpful. Showing me different exercises that I can do to continue to strengthen my back at home. They gave me the encouragement to keep trying even when I had a small set back. They taught me that I have to keep moving and trying new things; the more I move around the more I will be able to do. They also taught me that I am not going to damage my back by working through the discomfort. And Minami's Graston work is excellent. I would definitely recommend Somersworth PT to anyone who needs some help to get moving again. ”



Richard B

7 years ago

“ Originally I was having pain in my back when I was bending down to pick up something off the floor or when I was standing for too long. The pain would be in my lower back with sciatica into my...”

“ Originally I was having pain in my back when I was bending down to pick up something off the floor or when I was standing for too long. The pain would be in my lower back with sciatica into my butt and down my leg. I went to a lower back workshop at Somersworth PT and later started a course of PT with Dr. Dan. At PT they stretched my back, mobilized my joints and then we did some strengthening exercises to keep my back strong. After 6 visits I can honestly say that my back is now Pain Free. I never thought this would happen but it has! I am now able to get dressed with no pain, clean my house and get back to my life all with no pain. Thank you to everyone at Somersworth PT. ”



Carl Wade P

6 years ago

“ I came to physical therapy because I was unable to run due to an injury to my Achilles, while I was running with my son at a baseball practice. I started my physical therapy several months after the...”

“ I came to physical therapy because I was unable to run due to an injury to my Achilles, while I was running with my son at a baseball practice. I started my physical therapy several months after the injury after not being able to run or do any hopping on my leg. They started me out with message and stretching, then moved to simple theraband and isometric balance activities on the airex and bosu ball (love the bosu ball). I was then progressed to some hopping and more dynamic activities including squat jumps and runner lunge/jumps. They asked me to start running again and I can now run up to 2 miles and up to 150 jump ropes. Iâ’ m confident I will get back to running a half marathon because of the therapy I received here. A word of warning, Minami is small but powerful and cruel in a good therapy way. ”



Michelle S

6 years ago

“ I have been seen at Somersworth Physical Therapy multiple times. I have been here after Achilles tendon surgery and all of the staff made sure I was comfortable with my treatment. After having...”

“ I have been seen at Somersworth Physical Therapy multiple times. I have been here after Achilles tendon surgery and all of the staff made sure I was comfortable with my treatment. After having rotator cuff surgery on my shoulder I knew I wanted to come back here for my therapy. I love to play paintball and when I started here I was unable to lift a glass, never mind a paintball gun. I am happy to say I am back to physical exercise, walking 5kâ’ s and yes back to being able to play paintball. I would recommend Somersworth Physical Therapy to anyone who wants to have an amazing team work with them and get them in better shape than they were before! ”



Susan P

6 years ago

“ I have bunions-one foot worse than the other. I went to the foot pain clinic at Redâ’ s Shoe Barn in Dover. I was impressed and came for an evaluation at Somersworth Physical Therapy with Dr. Laurel.... ”

“ I have bunions-one foot worse than the other. I went to the foot pain clinic at Redâ’ s Shoe Barn in Dover. I was impressed and came for an evaluation at Somersworth Physical Therapy with Dr. Laurel. I felt that PT would enable me to slow down the progress of my bunion pain. This proved to be a great decision. My feet feel better and I know what exercises to perform to keep them that way. Of Note, I live in Andover MA and work in Burlington MA. I got out of work at 3 pm and endured the Rt. 128N/95N traffic to be treated here. I added an extra 4 hours to my day because the staff and care here is terrific. Thank you all, especially Dr. Laurel! ”



Earl P

6 years ago

“ On Friday June 2 I woke up with shooting pain in my head. When I got my head off the pillow I felt like I was spinning or falling. After 2 to 3 minutes it went away. When this happened again my...”

“ On Friday June 2 I woke up with shooting pain in my head. When I got my head off the pillow I felt like I was spinning or falling. After 2 to 3 minutes it went away. When this happened again my wife called 911. After 2 to 3 hours of testing they said I had vertigo and sent me home with some pills that made me sleep. On Tuesday my wife was going to see Dr. Nong. Dr. Nong had asked how I was doing and my wife told him about what I had been going through. Dr. Nong gave my wife Dr. Lombardi’s card and I called and got in the same day. I was planning on a trip in just 7 days and worried that I would have to cancel it due to my vertigo. I saw Dr. Lombardi for 5 visits before leaving on my trip to Conado and symptom free. I saw Dr. Thank you all at Somersworth Physical Therapy and thank you Dr. Lombardi. ”



Cory S

6 years ago

“ My experience here at SPT has been phenomenal, and a real eye opener to the benefit of PT with a doctor who listens and isnâ’ t afraid of tissue manipulation. I had an issue with my hip and hamstring...”

“ My experience here at SPT has been phenomenal, and a real eye opener to the benefit of PT with a doctor who listens and isnâ’ t afraid of tissue manipulation. I had an issue with my hip and hamstring pain that was making it difficult to squat and sit for more than 30 minutes. I stretched, I used a foam roller, and even rolled on a lacrosse ball to try and loosen up the problem area, but nothing worked. Within minutes of my evaluation with Dr. Dan, he put his finger directly on the problem spot and came up with a plan. He recommended a combination of Graston and dry needling that was the perfect recipe to break up my scar tissue and increase my mobility. I can now sit for long car rides to the mountains and hike many miles with no discomfort! I highly recommend Dr. Dan and his talented staff to really fix any tissue issue. ”



Heath B

6 years ago

“ I came to SPT with the hope of avoiding comprehensive shoulder surgery due to an injury from playing softball. The injury happened to my right shoulder when I tried to field a grounder and ended up...”

“ I came to SPT with the hope of avoiding comprehensive shoulder surgery due to an injury from playing softball. The injury happened to my right shoulder when I tried to field a grounder and ended up causing a slight tear in my labrum. After dealing with the pain for over a year I decided to get it fixed. The process took me to see several doctors and a recommendation of surgery. I chose to get a second opinion and was referred to SPT for therapy. I was skeptical at first as to how effective PT would be due to the increasing amount of pain I was in. Essentially I couldnâ€™ t even throw a football. Through a customized routine Minami, Laurel and Justin helped to strengthen my shoulder muscles and loosen up a lot of the tightness. After only two weeks I saw significant improvement in my range of motion and a decrease in my shoulder pain. Today after two months of PT I am pain free and have complete range of motion in my shoulder. Thanks to the team at SPT I have avoided surgery and can throw the ball with my kids. ”



Greg F

6 years ago

“ I recently injured my lower back doing deadlifts or squats - not sure what the culprit was - all I know is that I was in pain and couldn't even bend over to tie my shoes! On my way to the gym (at... ”

“ I recently injured my lower back doing deadlifts or squats - not sure what the culprit was - all I know is that I was in pain and couldn't even bend over to tie my shoes! On my way to the gym (at 7am) I saw a light on at Somersworth PT and decided to pull in and see if I could get an appointment - sure enough Lisa said Dan (Dr Lombardi) had an opening at 7:30am - so I complete some paperwork and do a survey and within minutes I'm meeting with Dan who assesses me and determines that I've aggravated my SI Joint and says he can have me better within 2 weeks! So after just 5 sessions of stretching, exercises, graston and electrical stimulation I'm pain free! This is the 4th ailment I've been seen by Somersworth PT and each time they got me back to 100% - Dan has a great staff that really cares about your well being and I highly recommend their services before trying something that may make your situation worse - I'm a BELIEVER! ”



Bonnie F
6 years ago

“ I first came to Somersworth Physical Therapy and met Dan during their open house. Dan offered to take a look at my knee due to problems I had for over a year with pain and limited range of motion.... ”

“ I first came to Somersworth Physical Therapy and met Dan during their open house. Dan offered to take a look at my knee due to problems I had for over a year with pain and limited range of motion. He explained to me why my knee was bothering me and explained how physical therapy could help. My first appointment was with Jenn; she was very thorough during measurements and testing my strength. She gave me exercises to start doing at home. during all my appointments I really liked how the therapists challenged me to do a little more to keep me progressing with my muscle strength. Each therapist I worked with always gave me suggestions of exercises to do at home as well. Thanks to the therapist always challenging me to do more than I thought I could, my knee started to get stronger very quickly and now my knee is pain free. I have already suggested many people that they should come to Somersworth Physical Therapy and meet with Dan and Jen. ”



Norman G
6 years ago

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“ On 6/3/17 I attended a meeting that required lots of standing and sitting. I was experiencing pain down my left hip and back of my leg down to my ankle and into my big toe. I was only able to stand for about a minute at the time, without having to sit for relief. Standing and laying down was a problem and this made sleeping difficult. After a few days I sought out a chiropractor and I did get some relief but still it was tough to sleep. After 10 adjustments I attended the back pain workshop at Somersworth physical therapy. I immediately set up an appointment for a free evaluation. The exercises and Graston and hands on manipulation started to give me relief right away. I am ready to start playing volleyball again and have been able to waterski and all my activities without pain. Best of all I can sleep without discomfort! Thank you! Thank you! Thank you! ”